

Warm up the vocal chords and control your breath - L2



- Stand feet shoulder width apart.
- Without your shoulders rising breath in through the nose and out through the mouth.
- Tummy should expand as you breath in.
- Breath in through the nose with your tummy expanding and hold for 5 seconds, then slowly breath out of the mouth. X3
- Breath in through nose and expand your tummy _ Hold for 5 seconds and buzz the air out - make the sound of a bee buzzing x3.
- Breath in and hold for 7 seconds and make the sound ooohhh when breathing out x3
- Then repeat the above in a low register x3.
- Repeat the above exercise with the sounds Eeee and Agggh.
- Make sure all the air has left your lungs before repeating.
- Make sure you have a controlled smooth sound as you sing sounds. 7
- Try and control your pitch and volume whilst doing the above.

Great exercise to warm up the vocal chords and control your breath..